



## A COMPARATIVE STUDY OF THE AGRESSION LEVEL AMONG YOGIC AND NON-YOGIC MALE INDIVIDUALS

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### ABSTRACT:

Aggression refers to a range of behaviors that can result in both physical and psychological harm to you self, others, or objects in the environment. This type of behavior centers on harming another person either physically or mentally. In general terms it may be defined as the act of beginning a quarrel, accidentally injuring someone or attempting and committing suicide. The present study aims at examining the effect of yoga on aggression. Aggression scale (Dr. Roma Pal) was used to collect data from D.S.V.V Students (N=60), 30 from Yogic students and 30 from Non Yogic students. T-test was applied to test the hypothesis. The null hypothesis has been rejected. Results also reveal that aggression level is high in non yogic students as compared yogic students.

### KEYWORDS:

AGGRESSION, YOGIC & NON YOGIC.

### INTRODUCTION

'Aggression' is inclination to attack that may result in hostility. 'Belief about aggression' is opinion (based on belief-system) as to whether aggression is acceptable or not. 'Belief' is deep-rooted, more sustainable, and spreads across a section of larger society, built over a period of time by culture, customs, and traditions, and individual sticks to 'belief' even when the outcomes are disappointing. Aggression-justification reinforces 'aggression-perpetration'. 'Alternative' is intensifying peaceful ways by opposing 'aggression'.

Aggression could be physical, verbal, or covert. Physical aggression ends in physical injuries. Verbal aggression is use of abusive words, expressing animosity, intended at spoiling others self-concept, thus causing psychological injury. While physical/verbal aggressions are 'overt', instigating others without getting oneself personally engaged is 'covert'. Males exhibit overt-aggression more frequently, and approve aggression; whereas, females frequently show covert aggression.

Aggression refers to behavior that result in personal injury or destruction of property|| (**Bandura, 1973**). It is the behavior directed towards the goal of harming or injuring another living being who is motivated to avoid such treatment|| (**Baron, 1977**).

Yoga has a special relevance. The word 'Yoga' originated from Sanskrit 'YUG' meaning connection and communion between individual soul and Supreme Being. Yoga philosophy revolves round self realization and its aim is reunion between devise personalities. In this era of scientific dynamism yoga has a dominating place for humane development and significant in the solution of physiological, psychological and spiritual problem. Activity

is life. Physical activity is the key to being active. Day to day activities of human life involve diverse organic movement, but the movement of internal organs of human body cannot be executed only through daily life physical activities. For this we need some special physical activities that help the movement of both large and small muscles.

The reasons for increased violence are manifold and are being explored to develop effective prevention strategies. Recent researches have confirmed that aggressive behavior begins early in life and, in most children, reaches a peak at about four years of age, but it is only at the school entry age that aggressive behavior patterns become apparent (**Campbell, Shaw & Gilliom,2000**).

**Kate keenan and Daniel show(1994)** they examined the relationship between family structure and aggressive behavior in children. They used the teacher observation of child adaptation their finding indicated that boys were more aggressive.

**Rey V.S.et.al (2001)** showed that regular practice of yoga decrements stress, tension, depression and aggression and increments mental activities due to sound working of sympathetic nervous system.

### RESEARCH PROBLEM FOR THIS RESEARCH WORK:

Is there any significant difference between the aggression level of yogic students and non-yogic students?

### OBJECTIVES:

Researcher formulated following research objectives:

- To investigate the effect of yoga on aggression level among male students.
- To investigate the effect of not doing yoga on

aggression level among male students.

total number of items on this scale is 30 & the age norm is 14-24.

**VARIABLES:**

- **Dependent Variable:** - Aggression
- **Independent Variable:** - Yoga

**HYPOTHESIS:** Researcher formulated the following Null Hypothesis:

There will be no significant difference between the Aggression levels of Yogic and Non-Yogic male individuals.

**METHODOLOGY**

- **SAMPLE AND SAMPLING:** With the help of simple random sampling researcher collected 60 samples i.e. (30 Yogic students & 30 non-Yogic students) with the age range between 18 to 24 from Dev Sanskriti Vishwavidyalaya region of Haridwar district, Uttarakhand.
- **INCLUSION CRITERIA:** -In this research, the researcher has included yogic and non-yogic students in the age group 18-24 years, only males were included and data is taken only from Dev Sanskriti Vishwavidhyalaya.
- **EXCLUSION CRITERIA:** -In this research, the researcher excluded 18< people and also those who has any serious injuries and medical history in the past.
- **TOOL USED-** The researcher applied the Aggression scale constructed by Dr. Roma Pal. The

**PROCEDURE OF DATA COLLECTION:**

- Researcher has used the Aggression scale for collecting data from samples.
- The data collected was done from D.S.V.V by personally meeting and interviewing.
- Simple random sampling is used, and the age range selected is people 18 to 24.
- After data collection, scoring has been done through the concerned manual.

**STATISTICAL ANALYSIS:**

In this, researcher did a study over a variable i.e., yogic student, non-yogic student and aggression. Researcher used t-test for statistical analysis.

**RESULT AND INTERPRETATION:**

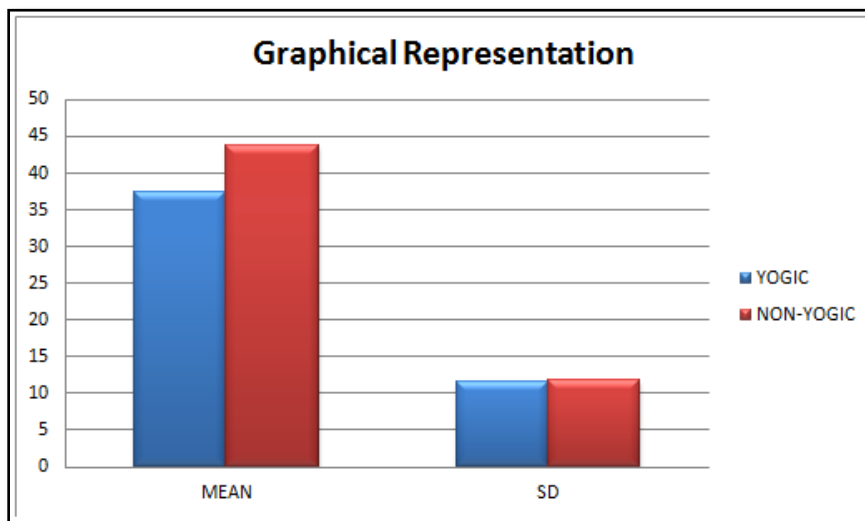
Collected data through above mentioned inventories were analyzed in term of mean, standard deviation & t-test method. The results have been presented in the tables.

**H<sub>0</sub>:** There is no significant difference between the Aggression levels of Yogic and Non-Yogic male individuals.

**H<sub>A</sub>:** There is significant difference between the Aggression levels of Yogic and Non-Yogic male individuals.

CATEGORY	MEAN	SD	N	SE <sub>M</sub>	SE <sub>D</sub>	T VALUE	SIGNIFICANT LEVEL
YOGA STUDENTS	37.3	11.48	30	2.09	2.06	3.04	SIGNIFICANT AT 0.01
NON-YOGA STUDENTS	43.63	11.84	30	2.16			

Df=58



Above table shows the yogic students mean value is 37.3 and Non-Yogic students mean value is 43.63 and

calculated t-value is 3.04

### DISCUSSIONS:

From the above result and graphical representation, it is interpreted that there is a significant difference between yoga and Aggression level of students. The Null hypothesis has been rejected at the level of Confidence and the alternative hypothesis has been accepted.

Yet the result reveals that the yogic students are less aggressive than non-yogic students. Yogic practitioner balances their aggression through yogic practices like asana, pranayama, and meditation. But non-yogic people don't practice these practices.

Aggression is today's common problem among young people. Aggression is a component of behavior that increases the risk of the development and maintenance of additional disease and mental illness and academic performance. Aggression is the mood of frustration .during adolescence a new kind of self-discrimination makes an appearance in which personal identity is expressed in terms of possession of senses. That's why adolescence became more aggressive in the case of failure or security.

**Deshpande's (2008) conducted a study to** demonstrated that an eight-week intervention of integrated yoga models decreased verbal aggressiveness in the yoga group (in males and those below 25 years of age), with no significant increase in the PE group.

### CONCLUSION:

The main aim of the study was to reveal whether there is an effect of yoga on the level of aggression of yogic and non-yogic students. The research study includes 30 yogic students and 30 non-yogic students with the age range from 18 to 24 years young adults. After the data collection was done with the help of a t-test and result were formulated which shows that the yogic people have a low level of aggression compared to non-yogic students.

### LIMITATION AND SUGGESTION:

- As the sample size is small for this research, a researcher could increase the size of the sample of generalization of the research.
- The new researcher can work on the same factors with different variables and different age and sex.
- Other independent variables can be included in the future studies
- Other dependent variables can be included in the future studies

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